

JEWISH MUSEUM OF MARYLAND

MITZVAH DAY PROJECT

MAKE A STRESS BALL

1. Take a balloon and stretch it out.
2. Place a funnel in the neck of the balloon.
3. Use a spoon to slowly fill the balloon with flour. Scoop slowly to avoid clogging the neck of the balloon! If it does clog, use the back of the spoon to clear the opening.
4. Carefully remove the funnel from the balloon and pinch the balloon tightly near the neck to let the air out.
5. Tie the neck of the balloon tightly and snip off the excess.
6. Wipe any flour on the balloon off.
7. Take a second balloon and stretch it out. Snip off the neck of the balloon.
8. Put the balloon filled with flour inside the second balloon, covering the knot from the first balloon.